

NEWSLETTER



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Life with Motor
Neurone Disease
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Helping your partner or
family member through
grief



Dear friends...

Interim Chief Executive,
Hannah O'Hare



Dear Friends,

The sunnier and warmer months can inspire a sense of hope and new beginnings for some, but for others their feelings of grief and loss do not change with the seasons.

What ever you may be feeling is normal. The grieving process is a journey with many ups and downs. On page 18 you will see some hints and tips on how to help your partner or family member following the death of a loved one.

This year our summer remembrance event, Tie a Yellow Ribbon, will be taking place within Poole Park. Please bring along a picnic and join us for an afternoon of reflection.

This year, we are actively trying to raise the profile of Forest Holme Hospice Charity and shine a light on the brilliant work the clinical teams do.

Enclosed with this newsletter, you will find a car sticker. We would be grateful if you could display this in your car or shop window. To request additional stickers, please contact fundraising@forestholmehospice.org.uk or call 01202 670644.

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For those of you who are Coronation Street fans, you may have seen the storyline regarding Paul Foreman's Motor Neurone Disease (MND) diagnosis. What you may not know is that our charity funds an MND Coordinator who is the main point of contact for MND patients and their families within our local community. You can read more about this on page 8.

On behalf of the Charity, I would like to say a heartfelt thank you for your continued support of our work. The past few years have been a challenge, but you have helped us to weather the storm.

With kind wishes,

Hannah



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"Lets talk about Karl"

by Sue Austin

“I lost my son Karl in August 2019 and he spent the last ten days of his life in Forest Holme. Karl fought a long 9-year battle with Melanoma and was just 39 years old when he passed away. Karl had a wonderful circle of friends who he had kept in constant touch with and were a wonderful support to him during his illness.

One day during August last year I decided it was about time I went through some of Karl's photographs and memorabilia, something I hadn't been able to face doing it before. I came across some photographs of when he went travelling across Australia in an old camper van with a friend. I thought about these photos and wondered if his friend Matt,

who was his travelling companion, had seen them.



I decided to email Matt and send him copies of the photos. He immediately responded and was so pleased to hear from me. He went on to suggest that any time I would like to meet up and chat about their travels together he would be more than happy to do so.





This then gave me an idea It would have been Karl's 43rd birthday on 2nd September 2022, so I decided to invite a few of his friends around to my house for the evening. These were the friends that Karl went through grammar school with and later they went on their adventures together travelling around the world.

I contacted four of them, as well as his oldest friend who he went through school with who now lives in Canterbury. To my amazement they all accepted and were really looking forward to it. I told them that beer and sausage rolls would be on the menu and that I would like them all to think of a funny story they could share; hopefully one that wouldn't surprise or shock me too much! I called the evening "Let's Talk About Karl".

When the day arrived, I was very apprehensive and nervous questioning myself if I had done the right thing – was it going to stir up too many painful memories that I had tried to bury or put behind me? Also, was it going to be awkward for Karl's friends thinking I may be upset?

I needn't have worried the evening was such a great success, filled with laughter, stories of their travels and all the antics they got up to. Thank goodness I didn't know at the time what my adventurous 21 year-old was up to as I would never have had a moment's sleep! It was also just wonderful to have my house filled with Karl's lovely friends again, the same ones that used to sleep on my floor and eat all the food from my fridge and mess up my bathroom. They are all family men now with children of their own but their obvious love for Karl came through loud and clear.



I was just so glad that I organised that evening. It really lifted my spirits more than I can say and reminded me just how proud I was of Karl and touched by how much his friends thought of him. ”

If you would like to share your story, please email paul@forestholtmehospice.org.uk

Hospice News



Your Voice Matters

Individual stories and feedback help highlight some of the things that really matter at end-of-life and help us identify areas for changes or improvements.

As a recent example, we now have a blender for use on the ward, so that pureed food and smoothies can be freshly prepared if requested.

Quilts For Patients

Liz and Lesley from the West Dorset branch of Project Linus UK very kindly organised a donation of 16 beautiful handmade quilts for patients and their families over the Easter period.



Easter Treats

John from the Poole Charity Darts League funded delicious chocolate treats to the 'egg-ceptional' staff and patients at the hospice over Easter.

David's Book

A book written by Forest Holme volunteer gardener David Dawson has been published to raise funds for the hospice.

David said, "I sincerely hope that my book will give enjoyment to all its readers, as it covers dedication, humour, community, empathy and teamwork proving that love and care strongly exist in the world we live in today."

'Forest Holme Flowers' is available from the fundraising office for £6 or by post for £7 (incl p&rp).



Hospice News



The Charity is continuing to fund the 'Butterfly Boxes' for wards within University Hospitals Dorset Trust to help staff provide personalised care to patients at the end-of-life.

The most important part of these resources are the comfort bags and inkless handprints and these resource boxes have become a valuable tool in wards, providing a 'One Stop' box with all the necessary documents and resources required to deliver compassionate care at the end-of-life.

Hospice Wedding

Forest Holme holds a wedding licence and had the privilege of hosting a recent wedding, with all the staff pulling together to make a memorable occasion.

The charity organised a cake, which was generously paid for by staff on the till at Sainsbury's, while nurse Sandy very kindly added the finishing touches on the cake with her icing skills.



End-of-Life Care Talk

Over 100 people attended the Understanding End-of-Life Care talk at St Saviour's Church Bournemouth, which saw Dr Amy, Pauline and Liz from Forest Holme deliver very interesting and thought-provoking presentations.



Life with MND (Motor Neurone Disease)

By Danny

Danny is a 46 year old Estate Agent, who was diagnosed with Motor Neurone Disease (MND) in 2014. He lives with his wife Annabella, his two teenage children, and his dog Reggie. In his own words, Danny has shared his thoughts and feelings following his diagnosis. Danny is supported by Annemieke, a MND Advanced Healthcare Practitioner Co-ordinator, funded by Forest Holme Hospice Charity.

“When I was first diagnosed with Motor Neurone Disease, it was a complete shock. I couldn't believe that this was happening to me. I spent months researching other possible illnesses, hoping that there might be some mistake or misdiagnosis.

I had tests for Lyme disease and heavy metals, but they all came back negative. It was a challenging time, and I felt like I was slipping into a black hole of depression.

As the reality of my diagnosis sank in, I found myself struggling to cope with the emotional toll of it all. The thought of my children growing up without me was overwhelming, and I couldn't help but feel a sense of despair about the future. I often cried and found it difficult to engage with life, as the weight of my diagnosis felt too heavy to bear.

Despite these challenges, I knew that I needed to find a way to keep going.

With the help from loved ones, I started to explore ways to manage my symptoms and take control of my care. And while the journey has been far from easy, I am grateful to have found support in people like Annemieke, who have been invaluable in helping me navigate the complexities of my condition.



Annemieke's support and skills extend far beyond my medical care. She offers guidance and counsel for my wife and children as well, recognising the impact that this condition has on our entire family. Her willingness to listen, to offer advice, and to provide emotional support has been a lifeline for us during some of our darkest moments.

Without Annemieke's counsel and support, we would feel lost and overwhelmed. Her presence in our lives has brought a sense of stability and reassurance, knowing that we have someone we can turn to for help and guidance.

As I continue to live with Motor Neurone Disease, I have come to understand that time can be an unforgiving force. Despite my determination to remain positive and hopeful, the reality of my condition can often be disheartening.

While there are ongoing drug trials and research, it is difficult to ignore the fact that Riluzole, which was approved over 30 years ago, remains the only approved drug available to slow the progression of MND. The slow progress in the development of new treatments and cures can be discouraging, and it's challenging to remain optimistic when hope seems to dwindle.

Nonetheless, I try to stay hopeful and optimistic, and I am encouraged by the dedication and hard work of the medical community in their efforts to find new treatments and cures. I believe that one day a cure will be found, and I remain committed to doing my part to support research and raise awareness about MND.



Danny





Investing in MND support in our local community

Motor Neurones are nerves in your brain and spinal cord that control how your muscles work.

With Motor Neurone Disease (MND), the nerves gradually stop telling your muscles how to move. When muscles no longer move, they become weak, which can also lead to stiffness and loss of muscle mass.

We are currently funding a MND Co-ordinator to support people with MND and their families from diagnosis onwards.

The MND Co-ordinator is the main point of contact for people with MND in our local community, and their families.

They provide information, symptom control advice, psychological support and co-ordination of the other services a person with MND may need.

MND patients are often supported in their own homes but can also be supported if admitted to a care home, hospital or Forest Holme.

Your donations have made this possible, thank you.





Fundraising for Forest Holme

by Joe Manley

Joe Manley recently completed the Barcelona Marathon in memory of his mum Bridget, who was cared for at Forest Holme in July last year, raising over £5,000.

Tell us about your challenge for the hospice

I decided to run the Barcelona marathon for several reasons. I have always enjoyed running and saw a marathon as the ultimate challenge. During our mother's illness, and after her passing last July, I began to run more often and increased the distances I was covering. Looking back at that period, the emotions whilst running were like the feelings we were experiencing witnessing our mother come towards the end of her life.

There was often pain, discomfort, tiredness and exhaustion. However after finishing each run I felt more resilient and able to process thoughts and the ongoing situation with a bit more clarity, and running even gave me a sense of calmness. I picked the Barcelona event for two reasons. Firstly, it was our mum's favourite city to visit, she loved the warm weather, tapas and most of all, the Sangria! Secondly, the event coincided with Mother's Day – I knew this would motivate me to cross the finish line on the day!

Why did you do it for Forest Holme?

In July 2022 our mother went to Forest Holme Hospice where she stayed for three weeks until her passing. During this time, she received the most amazing care from staff and despite her illness, developed friendships with those that were supporting her. My brother and I trusted those at the hospice fully as we had been welcomed from day one and, like our mother, were made to feel part of the family.

Joe's story continued...



The dedication, commitment and respect that was given to our mother during her time at Forest Holme from the first-day until the last was incredible. On a personal level, I had felt the pressure of caring for my mother and trying to manage her symptoms whilst at home, knowing that I could now leave the hospice each evening with our mother in the company of professionals who would offer around the clock support and who understood what she was experiencing was greatly reassuring.

Ultimately, the decision to raise funds for Forest Holme Hospice was a thank you from myself, my brother and our late mother. My mum was an extremely kind and caring lady, who even at the most difficult time showed affection towards the team helping her – raising funds for the charity is very much what she would have wished for.

What does Forest Holme mean to you?

Forest Holme is a charity that delivers support at the most critical time. Whilst reflecting on the end of our mum's life there is comfort knowing that she was surrounded by dutiful individuals in a peaceful environment. I truly believe that this end-of-life support has been instrumental in the healing process for family and friends. Forest Holme allows loved ones to spend quality time with each other during a difficult period. I will always be grateful for the charity's support when we needed it most.

What would you say to someone considering supporting the Charity?

As a local charity I now appreciate the personal care and support Forest Holme delivers to countless individuals and their loved ones. The impact that supporting this charity has on families is monumental and it is a cause I will continue to support having witnessed the remarkable services the charity provides.

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Volunteer Spotlight

Our fundraising volunteers get involved with lots of different events and are amazing ambassadors for the Charity when they are out in the community.

We have shone a spotlight on two of our newest fundraising volunteers, Lynne and Peter, as we asked them about why they volunteer for Forest Holme Hospice Charity.



Peter: "I met a Forest Holme volunteer at a club I attend, and she encouraged me to find out more as I was looking to volunteer for Forest Holme particularly because of my connections there. I felt I needed to try and give back to a good cause especially as Forest Holme had taken very good care of my wife."

Lynne: "My friend's husband spent his last few weeks of his life at Forest Holme and I could see when I visited him the vast difference it made to his quality of life, the staff did an amazing job of caring for him and supporting his wife and family."

As a volunteer, it is good to feel part of a team, helping to raise funds for Forest Holme."





Do I really need a Will?

Why Wills Are About More Than Bequests

Some people don't think they need a Will. They assume that everything will automatically go to their spouse or partner. Others think their estates are too modest to bother with a Will.

Sadly, both those assumptions are a mistake – firstly, because transfer of ownership after death is not always clear cut, and secondly, because Wills are about much more than money and property.

Without a Will, your assets will be distributed according to the laws of intestacy, which may not reflect your wishes. A well drafted Will can help to minimise disputes over your estate.

A Will also enables you to appoint executors to carry out your wishes. The executors will be responsible for

dealing with your assets and distributing them in accordance with your Will.

Furthermore, having a Will can help to reduce the amount of Inheritance Tax that is payable on your estate. By carefully structuring your Will, you may be able to minimise the amount of tax that is due.

Your Will can specify funeral arrangements, where you want to be buried or have your ashes scattered (or any other special requests). These clear instructions can help to alleviate some of the stress and burden on your loved ones at a difficult time.

Additionally, a Will can name a guardian for your children, in the event that both you and your spouse

pass away. This allows you to choose who you want to be responsible for the care and upbringing of your children.

How To Support Charities In Your Will

Leaving charitable bequests ensures that your favourite worthy causes continue to be supported after you have passed away. There are three main ways to help a charity in your will:

1. leave a sum of money – known as a pecuniary gift
2. leave a share of your estate – known as a residuary gift
3. leave a nominated possession (such as artwork) – specific gift.

When you leave a gift to charity in your Will, it is important to name the charity correctly and to include its registered charity number to avoid any confusion.

Leaving more than 10% of your taxable estate to charity can help to reduce the amount of Inheritance Tax payable on your estate from 40% to 36%.

To avoid pitfalls, it is important to get advice from an experienced solicitor to ensure that your Will states your wishes clearly and unambiguously.

Anthony Weber

*Partner, Head of Wills & Probate
Coles Miller Solicitors LLP*



Charity No: 1038021

Please consider leaving a Gift in your Will to Forest Holme Hospice Charity

Scan to read more





Did you know?

Every year our charity funds;

- **Over 800 counselling sessions for cancer patients in Dorset.**

"I felt the sessions gave me a 'safe space' to open up about how I was feeling after my diagnosis and treatment. I was struggling with discussing with loved ones, as I felt that they had already been through so much whilst I was having treatment."

- **Over 800 individual bereavement counselling sessions.**

"I just can't fault the care, support and understanding I received. I wouldn't change anything. This was an absolute life-line for me at a time when I really needed someone to pour out my heart to. Having lost both my sister and mum in a week, I was screaming inside but outside the main comforter for the family. I can't thank you enough."



This year, we are investing £139,515 into counselling and bereavement support in our local community.



Helping your Partner or family through grief

- Even the strongest families can be rocked by bereavement.
- Remember, you are all different and there's no right or wrong way to cope with loss.
- Make time to share your feelings.
- Help and encourage each other to keep as many routines going as possible.
- Encourage each other to take time for yourselves.
- It may be best not to make any major changes in your life for at least 12 months.
- Allow yourselves to be upset or angry together, without feeling that one of you must lift the other.

Books to help with death and grief

The Year of Magical Thinking by Joan Didion

Grief Works by Julia Samuel

You Are Not Alone by Cariad Lloyd

The Hare Shaped Hole by John Dougherty (for children)

Granpa by John Burningham (for children)

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forest
holme
hospice

Charity No: 1038021

Tie a YELLOW RIBBON



Scan here for details

SATURDAY 17 JUNE 2023
POOLE PARK | 12PM - 3PM

Join us for our **FREE** event and make a dedication in memory of a loved one.

BRING YOUR OWN PICNIC | CHOIR PERFORMANCE | CRAFT STALLS
PLUS FREE ACTIVITIES FOR CHILDREN WHO HAVE EXPERIENCED BEREAVEMENT

Kindly sponsored by

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RUN BOURNEMOUTH

In 2022, our amazing Run Bournemouth team raised nearly **£6,000** to help support patients and their families at Forest Holme. We are now looking for our next team of Forest Holme runners, so if you're looking for a reason to become a future Run Bournemouth team member, then look no further!

There are a number of distances you can choose from:

- Half Marathon
- 10k Supersonic
- 5k Supernova
- Junior Races

You can register for your place by visiting www.runbournemouth.com

This year we're calling on you to sign up to your chosen distance and select 'standard entry'. This means that you will be paying an entry fee direct to Run Bournemouth. By self-funding your place at Run Bournemouth, we can ensure that every penny you raise goes directly to making a difference at Forest Holme Hospice.



Be part of the Forest Holme Couch to 5k Running Group! As part of signing up to Run Bournemouth, Forest Holme want to support you every step of the way and will be offering participants the chance to join the Couch to 5k running group. The programme will start on Monday 7th August at 6:30pm at Poole Park and will run every Monday evening until 3rd October. All levels welcome.

For more information

Email fundraising@forestholmehospice.org.uk or call 01202 670644





Fundraising for Forest Holme

by Paul Payne

Paul Payne has been supporting Forest Holme Hospice through his annual Charity Golf Day which has raised a total of nearly £30,000 over the past four events.

Tell us about your challenge for the hospice

I am running a golf day at Knighton Heath golf club, the challenge is to make the event run as smoothly as possible for all involved and to improve on the years before.

Why did you do it for Forest Holme?

In 2019 I was asked by two of my friends, Lee and Lucy, to organise a golf day for Forest Holme in memory of their father who spent his last days there. My father-in-law had previously spent his last 24 hours in there also.

Hearing and seeing the care the staff and doctors put in at Forest Holme, it was the least I could do to support them and honour my friend's request to run the event.



What does Forest Holme mean to you?

Since the initial event I have had several family members spend their last days there as well as a few friends. Listening to people talk about the care and attention everyone gives to the patients and their families and witnessing it first-hand, I feel we are extremely lucky to have this facility nearby.

The staff will go the “extra mile” to make sure the patients last days are as good as they can be for them and their families.

Since starting this journey with Forest Holme, I have been surprised by actually how many people I know or have met who have had an association with the hospice. Everyone of them has nothing but praise for the hospice, too.



What would you say to someone considering supporting the Charity?

Please do support the charity, you never know when yourself, a friend or family member will need supporting by Forest Holme.

It doesn't matter how you help just please do, then they can carry on the excellent work they do.

Helping them is more than a 'Thank You', but you should always start with a 'Thank You' in the first instance, it goes a long way.





Bella's
hike for
holme

10 June 2023

Join Bella's Hike for Holme and help make a difference to palliative care across Poole, Wimborne and the Isle of Purbecks.



Saturday 10 June

Start from Knoll Beach (9.5 miles)
or Durlston Country Park. (4.5 miles) to
The Square & Compass, Worth Matravers

 Scan for
details

[foresthalmehospice.enthuse.com/
cf/bella-s-hike-for-holme](https://foresthalmehospice.enthuse.com/cf/bella-s-hike-for-holme)



In memory of
Bella Ross



FIREWORKS RIVER CRUISE

Thursday 17th August 2023
Poole Quay | 6:45pm - 10:15pm

£32.00 pp

Includes fish and chips and entertainment

Scan to
book



or head to the below website:
foresthalmehospice.org.uk/events/fireworks-river-cruise/



Charity No:
1038021

Contact Us

If you would like more information about the care the hospice provides or how to fundraise for us, we would love to hear from you.

Forest Holme Hospice

5 Seldown Road, Poole, Dorset, BH15 1TS

T: 01202 670644 (Charity)

T: 0300 019 8147 (Hospice)

E: fundraising@foresthalmehospice.org.uk

foresthalmehospice.org.uk

Ways to donate

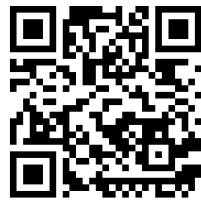


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